

# Decompression

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Writing about difficult emotions and situations was my practice for years before I started medical school, and thankfully it's something I've been able to continue in the early stages of my career. Although it is helpful to debrief with colleagues after traumatic events, writing is another way to deal with difficult experiences. I also enjoy that poetry can be abstract and open to interpretation. Poetry isn't everyone's cup of tea, but there are many highly charged moments in our jobs—why not explore different ways to process them?

## sky over a child's funeral

this is it.

well, I think I believe that  
there is nothing else  
although a certain type of person  
describes the horizon as empty

what happens when a well runs dry?  
the beach rock, glistening  
veined with a lustre of mystery, that shrivels  
into something normal in your pocket  
and is later tossed away

the tears would not come  
even though I felt sad as the sky  
hanging down with heavy wisps  
that promised no rain

there was a coldness to it  
a winter sweeping through  
but the tears would not come

not when another child  
sleepily grabbed my finger  
from the crib

not when I thought long and hard  
through the night  
about what had been lost

not even when I let the water run hot  
over my forehead and down my cheeks  
when I had absolutely nothing to hide

grey is such an ugly colour  
which is almost too much to bear  
because nothing is black or white

Dr Matthew Lee is just starting his career as a family physician  
in Nova Scotia.

**Competing interests**  
None declared

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